



Mexican Mole Sauce

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



86 kcal

SAUCE

Ingredients

- 10.8 ounce condensed tomato soup canned
- 1 teaspoon cilantro leaves dried
- 0.1 tablespoon garlic dried minced
- 4 ounce chile peppers diced green canned
- 1 teaspoon ground cumin
- 0.3 cup onion finely chopped
- 1 tablespoon cocoa powder unsweetened
- 2 teaspoons vegetable oil

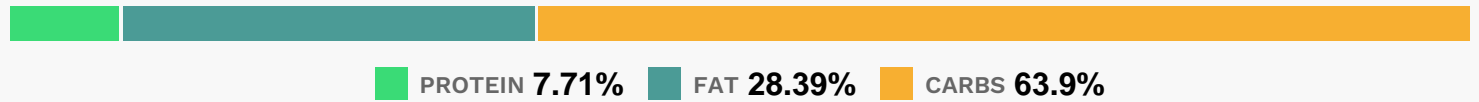
Equipment

- sauce pan
- gravy boat

Directions

- Heat the oil in a medium saucepan over medium heat, and cook the onion until tender.
- Mix in cocoa powder, cumin, cilantro, and garlic. Stir in the tomato soup and green chile peppers. Bring to a boil, reduce heat to low, cover, and simmer 10 minutes.
- Transfer to a gravy boat or pour directly over food to serve.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:4.15, Inflammation Score:-4, Nutrition Score:5.3943477933821%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 85.75kcal (4.29%), Fat: 2.96g (4.55%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 12.94g (4.71%), Sugar: 6.74g (7.48%), Cholesterol: 0mg (0%), Sodium: 401.49mg (17.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.61%), Vitamin C: 20.45mg (24.78%), Potassium: 506.86mg (14.48%), Manganese: 0.19mg (9.34%), Fiber: 2.03g (8.12%), Iron: 1.38mg (7.66%), Vitamin A: 342.4IU (6.85%), Vitamin K: 7.01µg (6.68%), Vitamin B6: 0.12mg (5.97%), Magnesium: 21.23mg (5.31%), Copper: 0.1mg (4.77%), Vitamin B3: 0.9mg (4.49%), Folate: 17.84µg (4.46%), Phosphorus: 42.46mg (4.25%), Selenium: 2.69µg (3.85%), Vitamin E: 0.46mg (3.1%), Vitamin B1: 0.04mg (3%), Calcium: 29.17mg (2.92%), Zinc: 0.3mg (1.98%), Vitamin B2: 0.03mg (1.65%)